



ABOUT KUNG FU SAN SOO

Some definitions...

Kung Fu: Any study, learning, or practice that requires patience, energy, and time to complete.

San Soo: Many hands

Ga: Family or clan

What are the “Five Families”?

Tsoi-Ga: Any strike. Punches, Kicks, headbutts, elbows - if you're hitting, it's Tsoi-Ga.

Think Boxing, Kickboxing, or Taekwondo.

Li-Ga: Leverages. Arm bars, wrist locks, any joint lock.

Think Aikido and Jujitsu

Ho-Ga: Movement and Balance. Throws, sweeps, and even pressure points.

Think Judo.

Fut-Ga: The psychology of the fight. Manipulation, “sneakiness” and unpredictability, training to stay calm in highly stressful situations.

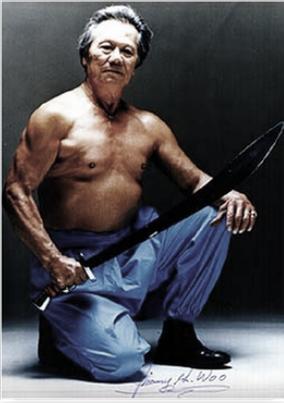
Brazilian Jujitsu uses a lot of strategy.

Hung-Ga: Stances and power. Using correct stances to maximize power, and aggression to overwhelm an attacker.

Think the devastating attacks of Muay Thai.



ABOUT JIMMY H. WOO



Chin Siu Dek, or Jimmy H. Woo, the man who brought San Soo to America.

"You can take my life, but not my *confidence*" - Jimmy Woo, aka Chin Siu Dek

Kung Fu San Soo (功夫散手) is a martial art based on techniques from all over China, both Northern and Southern Chinese martial arts systems. Kung Fu San Soo originated for use in military combat and uses techniques designed to efficiently disable an attacker.

Chin Siu Dek (aka Jimmy Woo), the man responsible for bringing Kung Fu San Soo to America, learned Kung Fu San Soo from his Great Uncle Chin Siu Hung in the early 1900's. Hung was an overlord for the entire province, which at that time (the late 1800's until 1941) was about the size of Orange County, CA. No one started a business, moved, or made any other major decisions without consulting Hung. Chin Siu Dek soon became his top student and began teaching alongside his Great Uncle, as well as traveling around the province to make sure his Great Uncle's wishes were "enforced."

Records are admittedly spotty due to the turmoil around World War II and the Cultural Revolution. What we do know is when the Japanese invaded during WWII, Chin Siu Dek, Hung's star pupil and enforcer, moved to California and changed his name to Jimmy H. Woo. He worked as a grocer, also moonlighting in security as one of the few unarmed bodyguards in his area. He began teaching, and eventually opened his own studio in El Monte, CA in 1959.

At Five Families Kung Fu San Soo, we try to honor the masters who came before by constantly updating our techniques to fit the changing landscape of the world today, while holding true to the principles that have made Kung Fu San Soo such a devastatingly effective style.



Student Information Sheet

Name: _____

Preferred Name/Nickname: _____

Preferred Gender Pronoun: _____

Phone Number: _____ Mobile Landline (circle one)

Email: _____

May we add you to our email list? Y N

How did you hear about us? _____

What are you hoping to get from this class? (check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Learn to Defend Myself | <input type="checkbox"/> Peace of Mind |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Discipline |
| <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Community |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Mental Focus |
| <input type="checkbox"/> Balance (Physical) | <input type="checkbox"/> Balance (Mental) |
| <input type="checkbox"/> Physical Strength | <input type="checkbox"/> Stress relief |
| <input type="checkbox"/> Coordination | <input type="checkbox"/> I have no idea why I'm here |

Do you have any physical, mental, or emotional challenges/triggers you would like us to be aware of? Y N

If yes, what? _____

Assumption of the Risk and Waiver of Liability Relating to the Novel Coronavirus / Pandemic / Covid-19

The Novel Coronavirus, Covid-19, has been declared a worldwide pandemic by the World Health Organization. Covid-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have in many locations prohibited the congregation of groups of people.

Five Families Kung Fu San Soo (FFKFSS) has put in place preventative measures and worked with the facilities it operates in, to reduce the spread of Covid-19; however, FFKFSS cannot guarantee that you or your child(ren) will not become infected with Covid-19. Attending sessions with FFKFSS could increase your or your child(ren)'s risk of contracting Covid-19. By signing this agreement, I acknowledge the contagious nature of Covid-19 and voluntarily assume the risk that I or my child(ren) may be exposed to or infected by Covid-19 by attending sessions conducted by FFKFSS and that such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by Covid-19, may result from the actions, omissions, or negligence of myself and others, including, but not limited to, FFKFSS owners, officers, employees, sub-contractors, agents, volunteers, facility management & staff, program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with attendance at Five Families Kung Fu San Soo ("claims"). On my behalf, and on the behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless FFKFSS, its owners, officers, employees, sub-contractors, agents, representatives, volunteers, facility management & staff of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of FFKFSS, its owners, officers, employees, sub-contractors, agents, representatives, volunteers, facility management & staff, whether a Covid-19 infections occurs before, during, or after participation in any FFKFSS program.

Signature of Participant (If over age 18)

_____ Date _____

Printed Name _____

Signature of Parent/Guardian on behalf of minor (If under age 18)

_____ Date _____

Relationship to Student _____

Printed Name of Minor Participant(s)

